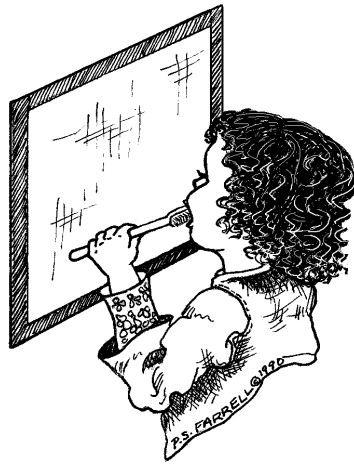


Dental



- ☐ Brush teeth with a child's soft toothbrush after each meal. Use a small, jiggling motion with the bristles angled to the gums. Use a very small amount of fluoride toothpaste. Do not let your child eat it.
- ☐ Your child still needs help brushing teeth. Floss your child's teeth daily.
- ☐ Show good dental health habits by daily brushing and flossing your own teeth.
- ☐ Take your child to see a dentist at least once a year. Ask about fluoride for your child's teeth.
- ☐ Limit sweets to prevent dental cavities.
- ☐ Help your child give up thumbsucking.
- ☐ Store fluoride and toothpaste out of your child's reach.

Nutrition

- ☐ You decide when and what to serve. Your child decides whether to eat and how much.
- ☐ Do not bribe, punish or reward with food.
- ☐ Limit fast foods.
- ☐ Encourage good eating habits. Offer 3 small meals and 2-3 snacks daily. Give a variety of foods with:
 - 5-9 small servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 2 cups of 1% or 2% milk, cheeses or yogurt
 - 2 servings of protein foods, like lean meats, poultry, fish, eggs, dried beans, peas (legumes), or tofu
- ☐ Give water when thirsty. Limit fruit juice to one cup daily. Do not give punch, soda, and other sweet drinks.
- ☐ Buy foods low in fat, sugar and salt. Limit sweets and chips.



4 - 5 Years

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

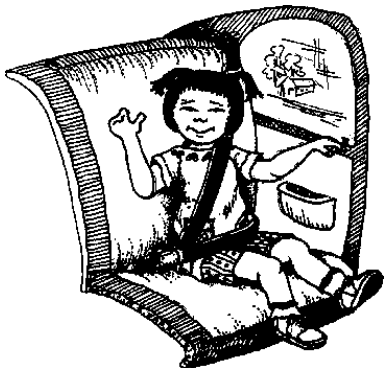
Poison Control Number: 1-800-876-4766

- *Learn Child CPR*
- *Put smoke alarms in hallways and every bedroom, check every 6 months.*
- *Have a carbon monoxide alarm.*



Health and Safety

- ❑ Use a car safety seat or seat belt for every ride.
- ❑ The back seat is the safest place for all children.
- ❑ Never put your children in the front seat if there is an airbag.
- ❑ Never leave your child alone near water. Teach your child water safety and how to swim.
- ❑ Teach your child about traffic lights and how to use a cross walk. Have your child wear a helmet for scooters, bikes, skates and skateboards.
- ❑ Unload and lock up guns and bullets.
- ❑ Keep your child away from loud noises.
- ❑ Label and lock up all harmful things: soaps, cleaning solutions, lye, liquor, vitamins, iron pills, other medicines, poisons and electrical tools and matches.



Parenting Tips

***Teach your child to avoid strangers.
Your child should never go with
anyone without your permission.***

What to Expect

- ❑ Your child:
 - Enjoys jokes and is talkative.
 - Plays well with other children and has friends.
 - Can cut and paste.
 - Can play marbles, cards and board games.
 - Has better balancing and climbing skills.
 - May want to dress alone.
 - Enjoys pretend play and is very curious.
 - May wet bed at night. If this happens regularly, ask your doctor.

What You Can Do

- ❑ Give your child a few simple chores, like picking up toys or clothes and helping set or clean the table.
- ❑ Take walks and talk about what you see.
- ❑ Make bedtime a happy time. Read or sing to your child.
- ❑ Have your child sleep in his or her own bed.
- ❑ Answer your child's questions honestly, in a simple way that can be understood. Children are very curious about the differences between boys and girls and where babies come from.
- ❑ Teach your child not to accept food, give help or go with a stranger.
- ❑ Teach your child the differences between "good" versus "bad" touches. Teach your child how to say "no" to bad touches and to tell you.

If you find yourself about to hit, shake or harm your child, call a "Hot Line" or a friend for help.

4 - 5 Years

Health and Safety

- ❑ Take your child for regular health exams and vaccines (shots).
- ❑ Watch your child run, climb, swing, jump, and play with a ball. Let your child play outside daily.
- ❑ Let your child play with other children.
- ❑ Keep your child's skin, hair, body, and clothes clean. Wash bed sheets at least weekly.
- ❑ Have your child wash hands before eating and after using the toilet.
- ❑ Keep your child away from tobacco smoke. Stop all tobacco use.
- ❑ Take your child for a blood lead test.

